



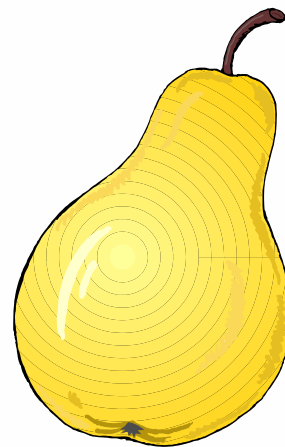
## Fruit of the Week:

### Pear

#### Healthy Recipe Idea: Chicken and Pear Pockets

##### **Ingredients:**

4 pita pockets, cut in halves  
1 medium pear, cored, halved, and thinly sliced  
1 Tbsp. lemon juice  
8 slices of part skim Swiss cheese  
3 chicken breast halves, cooked, cooled, and sliced  
2 tsp. fat-free mayonnaise  
1 tsp. Dijon style mustard  
4 lettuce leaves.  
Salt and pepper, to taste



**Directions:** Spread mayonnaise and mustard inside each pita half and line with lettuce leaves. Toss pear slices with lemon juice to prevent browning. Arrange pear slices and cheese in pita halves. Season chicken with salt and pepper and arrange in sandwiches.

#### How do I slice my pear?

Choose firm pears with no soft spots or wrinkles. Store in a plastic bag in the refrigerator. Use before they become soft. Wash well in cold water. Place pear stem side up on a cutting board. With a sharp knife, cut in half. Lay each half flat on the board. Cut each half in half again, from stem to bottom. Use the knife to cut out the stem, seeds, and blossom (bottom end). Lay flat again on cutting board. Cut slices from the exposed cut side of the pear.